

## Overeaters Anonymous – Conflict Resolution Worksheet

“Individuals have the right of appeal and petition in order to ensure their opinions and personal grievances will be carefully considered.”

For members having difficulties with others, with groups or service bodies, or wishing to appeal a decision made at any level, the following process can be very helpful to everyone involved.

Problem solving begins “at home.” It is important to start from the beginning, completing each process before proceeding to the next.

1. I am concerned about:
2. How this affects me:
3. I have taken the following steps towards resolving this concern ( <i>complete ALL that apply</i> ). a) On a personal level (e.g. inventory, HP, sponsor, consideration of the Traditions and Concepts of OA):
b) At the group level:
c) At the service body level:
d) At the BOT level:
e) Other:

**OA Responsibility Pledge: “Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”**